

# PEPELUALI 2025 MĀ'ILI VALLEY KE AO LONO



## TS Gold: Simple Machines

Simple machines are all around us. The slide on the playground, the scissors in the art area, and the cap on the water bottle are all examples of the simple machines in children's lives. In this study, children learned about the characters that make up the six different types of simple machines, and investigated how each type of simple machine helps make work easier.



## New Year, New Lessons!

It's February already! This month we will continue working on simple machines. Children will have hands-on opportunities to explore with levers, wedges, and simple tools. Children will enjoy using the scales to weigh different objects such as kalo, bananas, and other items of their choice. They will be making their own simple scales during keiki class. We will also be exploring healthy/unhealthy food choices. Our keiki will be learning how to take care of our garden, and getting it ready for new plants to grow.



Last month our keiki had time to understand a little about simple machines and how to use them. The keiki used Lego blocks to build ramps and inclined planes. They also had a chance to use scissors; our toddlers did snipping and our preschoolers cut on lines. Let's have fun this month and make more great memories!



Please remember to feel free to share any questions or concerns you may have with me or any of the other staff members you feel comfortable with. Thank you for all your support.







By Pua Aquino

Mālama is a Hawaiian value that means to care for, preserve, attend to, and protect. Once while the staff of Ka Pa‘alana prepared an imu, Uncle Aaron Mahi reminded us to keep the area surrounding the imu cleaner than it looked when we first arrived. He said, “It should look like no one was here.” This is a great example of how to mālama what is being used.

Hawaiians have a very close relationship with the land because it is believed that if you take care of the land, it will take care of you. The same can be said of the relationship the Hawaiians had with their ali‘i, or chiefs, in old Hawai‘i. Chiefs protected their people and the people took care of their chiefs by taking care of the land that produced the food for the chiefs. The ‘ōlelo no‘eau below states this very concept.

“I kanaka nō ‘oe ke mālama i ke kanaka.”

You will be well served when you care for the person who serves you.

## A Parent’s Guide to Valentines Day

February is here and the day that sticks out to most people during this month is Valentine’s Day - a day that is all about sharing and celebrating love. This can be a tricky holiday for parents, but it doesn’t have to be. Look beyond romance toward other types of love. Valentine’s Day is designed to have individuals express love and affection to those who matter most to them.

Valentine’s Day can be a time to celebrate love and connection with your family. Here are some tips to celebrate love with those who matter most to you:

- Make it a date night: Order in your favorite meal and lay a blanket on the floor. You can pause to feed your baby if needed.
- Have a movie marathon: Cuddle up on the couch with your keiki or have them close by.
- Play a game: Pull out a board game, deck of cards, or puzzle.
- Get creative: Paint a Valentine’s Day card for your keiki.
- Give your keiki a card or treat: It’s a nice way to show your child that you’re including them in Valentine’s Day.

The important thing is to make sure the kids feel loved. If you snub the holiday, it could make the day feel difficult or empty. If your kids see the world celebrating love, and their parents are miserable about the concept, then Valentine’s Day—or even the idea of love itself—might feel inauthentic.

<https://www.helpinghandsdoula.com/a-new-parents-guide-to-valentines-day/>



By Maria Cueva

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